

Kindness Memory Match - Levels F-3

GRATITUDE



Learning Intentions

Reflect on kindness:

Students aim to recall and share experiences of kindness in my life.

Practise empathy:

Students aim to listen to and value others' experiences of kindness.



Work together:

Students aim to collaborate with their peers to match kindness cards and celebrate positive actions.



Success Criteria

I can flip a kindness card and share my answer or drawing.

I can match pairs of kindness cards correctly.



I can listen respectfully and celebrate others' kindness.



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Duration: 10–15 minutes

Players

- 2–4 players (or in small groups).

Materials

- A deck of **20 kindness cards** (10 pairs of matching questions)(found in the PDF resource tab).
- Pictures or symbols on the cards to support understanding (optional).
- Pens, pencils, or crayons for students to draw if needed.

Setup

1. Place the cards face down in a 4x4 (or 5x4) grid.
2. Cards should have simple kindness questions or picture prompts in pairs.

Sample Questions / Prompts:

- “When was a time you helped a friend?”
- “Who makes you smile?”
- “What is something kind you can do at home?”
- “What kind thing has someone done for you at school?”
- “How can you be kind on the playground?”
- “What is a small kind thing you do every day?”

(Each question or picture should appear on two cards.)

Gameplay / Activity Steps

Step 1: Flip and Answer

- Students take turns flipping over **two cards** with the aim to find two matching cards.
- If no match is found it is the next player's turn.

Step 2: Matchmaking

- If the two cards match, the player needs to answer the question and then keeps the pair.
- If they don't match, the cards are flipped back over and play continues.

Step 3: Continue Playing

- Players take turns flipping cards, answering, and trying to remember where the matches are.
- Encourage players to clap or cheer when a kindness match is found.

Step 4: Group Reflection

- After the game, gather the group and discuss what they shared.
- Highlight common themes and celebrate everyone's kindness.

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Reflection Prompts

- "How did it feel to remember times you were kind or when someone was kind to you?"
- "What's one new way you can show kindness tomorrow?"
- "How do you feel when someone is kind to you?"

Winning the Game

- The player with the most pairs is the winner.
- True success is when everyone has shared their kindness ideas and learned from each other.

Variations

- **Classroom Edition:** Create a "Kindness Wall" where students add one card about kindness after the game.
- **Family Edition:** Families can play at home, using family-focused prompts (e.g., "What's a kind thing you can do for your brother or sister?").
- **Quick Play:** Use fewer cards (e.g., 8–10 pairs) for a shorter version.

For Wheelchair Users / Accessibility

- Place the cards on a table within reach for all players.
- Use larger cards with symbols or pictures to make it easier to see and choose.
- Allow students to share their answers verbally if writing or drawing is difficult.

Notes for Inclusion

- Accept all forms of sharing: speaking, drawing, or gestures.
- Encourage teamwork by letting players help each other answer questions.
- Focus on celebrating kindness stories, not just collecting the most pairs.



KINDNESS CARDS

PRINT TWICE TO MATCH AND CUT OUT THE KINDNESS CARDS. SHUFFLE AND PLACE THEM FACE DOWN. STUDENTS TAKE TURNS FLIPPING TWO CARDS TO FIND A MATCH.



WHAT'S THE NICEST
THING SOMEONE HAS
DONE FOR YOU?



WHAT ACT OF KINDNESS
DO YOU DO REGULARLY?



WHAT MAKES YOU FEEL
HAPPY WHEN SOMEONE
DOES IT FOR YOU?



HOW DO YOU SHOW
KINDNESS TO YOUR
FAMILY OR FRIENDS?



KINDNESS CARDS



HOW CAN YOU PRACTICE
KINDNESS AT SCHOOL OR
WORK?



WHO IN YOUR LIFE
INSPIRES YOU WITH
THEIR KINDNESS?



WHEN WAS THE LAST
TIME YOU HELPED
SOMEONE IN NEED?



CAN YOU RECALL A TIME
WHEN YOU RECEIVED
UNEXPECTED KINDNESS?



KINDNESS CARDS



WHAT SMALL ACTS OF
KINDNESS MAKE A BIG
DIFFERENCE IN YOUR
LIFE?



WHAT'S THE BEST WAY
TO SPREAD KINDNESS IN
YOUR COMMUNITY?

